

Know the Warning Signs of Stroke

A **stroke** occurs when there is a lack of blood flow to the brain. It can be caused by a clot in a blood vessel or a ruptured vessel. A stroke occurs every 40 seconds in the United States and is a leading cause of death and long-term disability.

The ability to recognize stroke symptoms can help **save lives**. A witness is more likely to have a grasp of the situation and to be able to get help. The sooner you get help, the better the chance of saving a life.

F.A.S.T. is an easy way to remember the sudden signs of stroke. When you can spot the signs, you'll know that you need to **call 9-1-1 for help** right away. F.A.S.T. is:

F

FACE: Ask the person to smile. Does one side of the face droop?

A

ARMS: Ask the person to raise both arms. Does one arm drift downward?

S

SPEECH: Ask the person to repeat a simple phrase. Is their speech slurred or strange?

T

TIME: If you observe any of these signs, call 9-1-1 immediately.

Beyond F.A.S.T. – Other Symptoms You Should Know

- Sudden numbness or weakness of the leg
- Sudden confusion or trouble understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

Don't wait! Every minute counts. Note the time when symptoms started. (The hospital staff needs to know.)